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> 15 Handicraft with hampers



> 16 Closed for Christmas

# the newham mag

issue 306 // 19 December 2014



**Ho-ho-hoping  
for a very Merry  
Christmas**

**And a Happy New Year  
from Newham Council**

# Starting school

If your child will have their 5th birthday between 1 September 2015 and 31 August 2016 you need to apply for a reception class place now.

The deadline for a reception class place for entry in September 2015 is **15 January 2015**. If you miss this date you will have less chance of getting the school that you prefer. Pick up a copy of the autumn 2014 edition of the Starting School guide from any Newham Council operated nursery, infant or primary school.

Apply online, to apply on time.



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19 December 2014 // **issue 306**



In this final 2014 edition of the *Newham Mag*, we share news of Christmas cheer that has been spreading across the borough. We've delivered 3,000 hampers full of treats to our older residents to make

their holidays that bit more special (p16).

We also share details about how we are taking action against those caught fly tipping (p6). Tackling this problem will continue to be a priority for us in the new year.

While some services close during the festive break our website remains open all hours. So visit us online from the comfort of your home (p14).

Have a wonderful Christmas and all the best for the new year.

*Councillor Ellie Robinson*

*Cabinet member for One Source and Building Communities (deputy)*

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## IN BRIEF //

### Design work can start

A bid by Newham Council for funds to begin detailed design work on converting the Stratford one-way road system to two-way and improved pedestrian and cycle links in the Royal Docks has been successful.

Following feedback from residents money was sought from Transport for London to support transport and public realm projects contained in the council's Local Implementation Plan for 2015/16.

The council has secured £1m to produce detailed plans aimed at reducing the dominance of traffic and improving conditions for cyclists, pedestrians and public transport users in Stratford. A further £120,000 has been awarded to improve walking and cycling links around the Royal Docks.

### Newham's new directors

Newham Council has appointed two new directors who will start in January.

James Thomas will become director of commissioning (children's services); he was previously Westminster council's director of family services. Mercedes Peachey will join as director of public health. She was previously the director for public health services for the In borough London partnership (Westminster, Hammersmith & Fulham and Kensington & Chelsea).

### Animal Welfare team are top dogs

Newham's animal welfare team has won a prestigious Gold award in the RSPCA Community Animal Welfare Footprint awards.

The Gray Dog Footprint recognises local authorities who have clear procedures in place that ensure both the welfare of the dogs and a consistent service.

## >>> Boost for sporting activity



Cllrs Clark, Clark and Marriott attend the launch

Two community organisations have joined forces in a new project that is designed to encourage more people to get fit and healthy.

East Ham Active has been set up by the Newham Renewal Programme community development organisation and Bonny Downs Community Association. It has been funded by Sport England.

The project offers a range of unusual and interesting sports such as walking football and catch wrestling, as well as regular favourites like dance and table tennis. Newham councillors Ken Clark, Lokman Sheh and Julianne Marriott attended the launch at the Hartley Centre in East Ham.

Councillor Clark said: "It is important that we all invest in sport and physical activity programmes to make sure something is available for everyone, regardless of age, ability or interest."

Find out more by visiting [www.bonnydowns.org/sports](http://www.bonnydowns.org/sports)

## Raising the roof at Olympic Stadium

The first of almost 10,000 roof panels has been lifted into place at the former Olympic Stadium in Stratford, marking another milestone towards it becoming a multi-use venue that will deliver a lasting sporting, cultural and community legacy in Newham.

Eight kilometres of cable not weighing 600 tonnes was lifted and connected before 112 steel roof rafters, the longest of which is 38 metres, were secured into place.

When complete the new roof will be twice the size of the original and will cover every seat in the Stadium, improving acoustics and the spectator experience for football matches, other sporting events and concerts.

Mayor Sir Robin Wales said: "This is another important step in ensuring the Stadium is ready to offer a lasting legacy of world class and grassroots sport and benefits for Newham residents."



The first roof panel is raised



## Chamber honours pioneering MP

The Council Chamber at the Old Town Hall in Broadway, Stratford, has been renamed in honour of pioneering local MP Will Thorne CBE.

The Will Thorne Chamber has been dedicated to mark the 125th anniversary of the GMS, the trade union that he helped create in Newham.

In 1889 Thorne, who lived in Plaistow, created a national union for gas workers and general labourers and became its general secretary. He first entered Parliament as MP for West Ham South in 1905. He also served for many years on West Ham Town Council and was an alderman and Mayor from 1917-18.

He retained his position in the union, which became the GMS in 1924, up to 1934.

Mayor Sir Robin Wiles said: "It is fitting that we can honour Will, who contributed so much to supporting the rights of workers, in such a landmark year for this union he formed."



Sir Robin Wiles, CBE, Mayor of Newham, and GMS President Mark Turner, unveiling the plaque.

© Andrew Storey

## Support to end domestic violence

Newham Council joined organisations from across the borough to support 16 days of action as part of a campaign to end violence against women.

The campaign began on 25 November, International Day for the Elimination of Violence against Women, and ended on 10 December, Human Rights Day. It raised awareness around gender-based violence such as domestic abuse, rape, sexual assault, stalking, forced marriage and human trafficking.

An event at East Ham Customer Service Centre saw residents and professionals discussing impacts on victims and how organisations across Newham can help.

Councillor Elie Robinson, deputy cabinet member for building communities, said: "Violence against women is unacceptable. We have a joint responsibility to ensure those who commit these acts are held to account."

If you need advice call Newham One Stop Shop on DBMS 4512547. The line is available 24-hours a day, seven days a week. Find out more by visiting [www.newham.gov.uk/dsv](http://www.newham.gov.uk/dsv)



Cllr Elie Robinson (second left), at the lunch event.

## >> Christmas park and shop for free

Residents are reminded that parking is free at six Newham Council car parks on these days in the lead up to Christmas.

Free parking will be available all day on 22, 23 and 24 December at St John's Road East and West and Madge Gill Way car parks, all in East Ham, at Shalfesbury Road and Queens Market car parks in Upton Park and at Rattle Point car park in Plaistow.

Motorists must park correctly within bay markings and adhere to length and height restrictions. If parked within a disabled bay you must display a valid Blue Badge. Failure to comply will result in a penalty charge notice.

Councillor Ian Corbett, majority adviser for environment and leisure, said: "We want to support businesses by encouraging residents to shop local in the lead up to Christmas."

# The odds are stacked in our favour

Last month I led a coalition of councils from across the country and the political spectrum to call on the Government to support the nation's high streets against the blight of betting shops.

Some 53 councils have joined forces demanding that the maximum bet on fixed odds betting terminals (FOBTs) is reduced from £100 to £2, bringing them in line with other gaming machines available on the high street.

**"The clustering of bookies, often only a few doors apart, strangles our high streets by sucking away spending from retail outlets and running down our neighbourhoods"**

This was in direct response to appeals from residents, who I met on their doorsteps, who have in the past seven years witnessed the 30 per cent increase in betting shops in the borough. We now have an unacceptable total of 86.

I am not anti-gambling, but I am opposed to the predatory nature of the betting industry which has been expanding outlets to capitalise on the profits from these terminals.

Figures from the Campaign for Fairer Gambling shows that there are double the number of betting shops in the 55 most deprived areas of the country, compared to the 115 most affluent.

The clustering of bookies, often only a few doors apart, strangles our high streets by sucking away spending from retail outlets and running down our neighbourhoods. Our local police have also told us that they are called to an incident in a betting shop at least once a day. This anti-social behaviour is not something our residents should have to experience when going about their daily lives.

Our call to reduce the maximum bet on FOBTs is not the first time we have tried to stop the proliferation of betting shops. Our Licensing Committee has refused licences to six stores since October 2010. Despite our objections, including arguing that these machines were the primary factor for chains opening new stores, those refusals have been overturned on appeal.

This has been incredibly frustrating, but I will not be deterred from standing up for our high streets and residents against greedy bookmakers who are relying on making a quick buck on a computer roulette wheel.



Ed Robles and Ed Khan Clark outside one of the 86 bookies in the borough



## Mayor's view

# Merry Christmas everyone



On behalf of everyone at Newham Council, I wish you a happy, healthy and safe Christmas and a prosperous New Year.

For many it is a joyous time filled with family and friends. For others it can be difficult and we must think of them.

The past year has not been without its challenges. The Government's cuts to the council's budget have made things tough, but through innovative ways of working, we continue to protect services we know are important to you.

Our Every Child programme goes from strength to strength. The free music, sport, reading and theatre we provide, and the free school meals we continue to offer, equip children with the skills, experiences and confidence to achieve their potential.

The eight Community Neighbourhood teams we established this year are

strengthening the local networks we know are so important for community resilience. These dedicated teams, led by local councillors, are working with you to decide what your neighbourhood needs and to get things done. Over the past few weeks the teams have been delivering Christmas hampers to 3,000 older residents I know these have been gratefully received, especially by 86-year-old Walter Gool who I visited.

It has also been great to see so many residents getting involved in the Christmas activities that the Community Neighbourhood teams have worked hard to organise. The most recent of these were in Green

Street, Upton Park, and Woodgrange Road, Forest Gate. I think all the volunteers and shops that helped out.

Christmas also offers us a time to reflect, so as we gather with family and friends let's not forget those who sadly are no longer with us. Newham lost one of its greatest servants in June with the death of Councillor Alec Kelloway. He contributed much to political and civic life in Newham and he is greatly missed.

**"On behalf of everyone at Newham Council, I wish you a happy, healthy and safe Christmas and a prosperous New Year."**

Have a happy Christmas, but spare a thought for those who are working – the emergency and hospital services, the armed services and the council staff who are on hand to ensure we all have a safe and healthy time.



# with Sir Robin Wales

## Sound Insulation Scheme

The airport sound insulation project is under way and it will now continue the opportunity to have noise undertaken as part of the Sound Insulation Scheme.

An application for the Sound Insulation Scheme is welcome. If your property is eligible for either the first or second tier scheme you will receive a letter detailing your eligibility and what noise levels apply to you. These letters will be sent in the next few weeks.



To find out more about the Sound Insulation Scheme and what is included within the First Tier and Second Tier Schemes, please visit [www.londoncityairport.co.uk](http://www.londoncityairport.co.uk)

For more details please visit the Sound Insulation Scheme web page or contact a 24 hour helpline on 0202 261474 or email [noise@londoncityairport.co.uk](mailto:noise@londoncityairport.co.uk)

If you require any further information about the Sound Insulation Scheme please contact the scheme administrator on 0202 261474 or email [noise@londoncityairport.co.uk](mailto:noise@londoncityairport.co.uk)



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Belmont Leisure Centre,  
14 Belmore Street, Plaistow E13 5AG

East Ham Leisure Centre,  
384 Barkings Rd, East Ham E16 2ET

Newham Leisure Centre,  
381 Treen Airport Lane, Plaistow E13 5DZ

Please visit [www.activeNewham.co.uk](http://www.activeNewham.co.uk) for more information.

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# Doorstep dumpers done

**Unwanted items dumped on our roads blight our borough. If you're caught fly tipping in Newham be prepared to pay the price – a fine of £50,000 or more, imprisonment, community service or a confiscation of goods – as two residents discovered.**

Fly tipping gardener Audius Baguze had the van he used to dump rubbish confiscated by Thames Magistrates' Court after he admitted offloading commercial waste four times on the slip road off the A13 close to Prince Regent Lane, E13.

Baguze was caught on CCTV by Newham Council fly tipping wood and green waste collected from his gardening business. He was also charged with failing to have a waste transfer licence.

He pleaded guilty to all counts last month and was sentenced to carry out 140 hours of community service, pay £300 costs and a £50 surcharge. The magistrates also allowed Newham Council to dispose of his Mercedes Sprinter van, which was seized during the investigation, preventing him from using it to reoffend.

Failing to appear in court didn't stop Thames Magistrates' Court from firing Grant Hoyer from Canning Town £1,000 earlier this year after he was caught on CCTV dumping a mixture of domestic and commercial waste in the underpass at Wharfedale Road, E16. Hoyer was ordered to pay £240 costs and a victim surcharge of £100, both to be paid within 28 days.

Councillor Ian Corbett, mayoral adviser for environment and issues, said: "We have always taken a tough stance against fly tipping, because we're working hard to

make the borough safe, clean and pleasant for residents and visitors. Let these prosecutions act as a warning to all that we will explore every avenue to track down fly tippers and stop them destroying our environment."

## Don't dump it, let us pick it up

All Newham residents can request up to six items to be collected from their doorstep for free. Go online to see a list of more than 70 items that we collect.

Visit [www.newham.gov.uk/bulkywaste](http://www.newham.gov.uk/bulkywaste)

Residents can also get green garden waste, which is turned into composted, collected for free. Visit [www.newham.gov.uk/greenwaste](http://www.newham.gov.uk/greenwaste)

Report flytipping via the Love Newham app. Visit [www.newham.gov.uk/lovenewham](http://www.newham.gov.uk/lovenewham)



A photograph of a man and three children playing trumpets. The man, on the left, is wearing a red Santa hat, a grey scarf, and a dark blue jacket. He is playing a trumpet and looking towards the right. Three children, also wearing red Santa hats and dark blue jackets, are playing trumpets. One child is in the upper right, another in the middle right, and a third in the lower right. They are all smiling and looking towards the camera. The background is a brick building with several windows.

# Ending 2014 on a high note

In the past five years, Every Child a Musician (ECaM) tutor and orchestra conductor Gareth Hoddinott has seen the council's groundbreaking programme grow from a small pilot in a pocket of schools to a boroughwide initiative worthy of a fanfare.

Born in New Zealand, freelance trumpeter and lead brass tutor Gareth came to the UK in 2009 to further his skills as a musician. After spotting an advert for EC&M tutors he successfully applied to be part of what is now the largest and most successful free musical programme in the country. He said: "I was quite surprised how quickly it all took off. I remember talking to another tutor at our first assembly. We wondered what it was about, how it was going to evolve – and whether we'd get any work from it. Five years later it's still going strong and I don't know of anything as big anywhere."

**"I love teaching in Newham. The kids are wonderful, the mix is great and I think some kids are more appreciative."**

Like most professional musicians, Gareth first started playing at school, like the children at Park Primary School in Stratford, pictured, one of five schools he teaches in. He said: "It was like EC&M but just once a week. The school band got me out of classwork. My parents paid quite a lot for my lessons – and they're not cheap. Lessons in London are even more expensive." Gareth's own experience is a stark comparison to that experienced by kids in Newham who, in Years 5, 6 and 7, get two music tuition and an instrument of their own to keep.

Gareth's passion for music grew as he did. After completing an honours degree in music he toured the world with New Zealand's Army Band. He said: "I have been so lucky to have had so many opportunities – and that's what we want for EC&M students. They have played at the House of Lords and in front of thousands of Under the Stars concerts, alongside world class professionals like the Royal Philharmonic Orchestra. It's very exciting. I think that's why I do the job. There are not many people that can go home and think I've done something

beneficial today."

At EC&M and the Stars Orchestra – which has evolved and now includes a choir – children from Newham have had opportunities to hone their skills and play to large audiences. With a current cohort of 25, the Stars Orchestra doesn't cherry-pick the best musicians. "The orchestra challenges those who have started to develop quickly and are progressing really well. We don't choose the kids that got into the orchestra, there are no auditions. What's important is that they can read music, they enjoy it and want to take it further."

Ten thousand children currently learn an instrument thanks to Newham Council. As well as the social benefits, Gareth has seen changes that have made a fundamental difference to the young people he has tutored. "We've seen some quite incredible things in terms of behaviour. There are some children who may not go on and become professional musicians but playing an instrument has helped them channel their energy in a different way."

As well as teaching in Newham, Gareth is head of brass at a private school in Oxford. "I love teaching in Newham. The kids are wonderful, the mix is great and I think some kids are more appreciative. One of my students said practising can get a bit noisy, so he went to the park, or into the garden. And it's wonderful. It's amazing what kids will do when they really want to play."

Gareth is excited by EC&M and hopes it grows beyond Newham so even more children can benefit. "Often tutors come and go but I've always wanted to keep working for EC&M. There's something really exciting about being on the bus and seeing a little kid carrying their trombone and knowing they're EC&M. It's a great job and a really special programme. I'm sure it will continue, develop and expand."

Visit [www.newham.gov.uk/everychild](http://www.newham.gov.uk/everychild) to find out more about Newham's Every Child programme.



Newham in pictures



1 Market-ing Christmas the Forest Gate way. Woodgrange Market goes festive for the switching on of the Forest Gate Christmas lights. 2 Music for mind, body and soul. Christmas cheer for Every Child a Musician students passing their musical grade exams. 3 Green Street glitters at its Christmas lights switch on. 4 Up cycling at Birlford a McGrath Road Centre for people with autism and learning disabilities, helping residents develop skills for work. 5 Heavy metal: blacksmithing tutors Alan Chadborn and Sean Marshall prepare for the start of their New Year course (see page 23).



# Love it and leave it...

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Give all those items you once loved but no longer need an opportunity to start a new life.

If you're having a clear out of items which can be reused, such as furniture, bicycles or paint, or materials which can be recycled such as wood, electrical items or scrap metal, don't throw them away - bring them to your local Reuse and Recycling Centre!

*You will need to take either a council tax bill or a driving licence with your current address as proof of residence*

To find out more visit:  
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Newham London

## FreedomPass RENEWAL 2015

### Are You a Freedom Pass Holder?

Newham Council is taking part in a London wide scheme to renew all **disabled person's** freedom passes which expire on 31 March 2015



Between September 2014 and January 2015 we will contact you with details of how to renew your freedom pass so it is ready for April 2015. You do **not** need to contact us



If you have an **older person's** freedom pass that expires on 31 March 2015, visit [www.newham.gov.uk/freedompass](http://www.newham.gov.uk/freedompass) or call **0200 330 1433** for more information on how to renew your pass.

**LONDON COUNCILS**



L-R Sir Robin,  
Cllr Chowdhury,  
Walter Cool and  
Cllr Clark

# Christmas comes early for thousands



Three-thousand elderly residents were delighted to receive an early Christmas gift from Newham Mayor Sir Robin Wales and councillors, who distributed hampers to residents during the festive period.

This first of its kind gesture was led by the council's Community Neighbourhood teams who identified vulnerable people aged over 70, who are on a low income and living alone.

Around 40 active Newham volunteers supported by local police joined the mass effort to deliver the thousands of hampers, each worth more than £25, filled with essential items including tea, coffee, tinned goods and biscuits.

Residents received a surprise letter notifying them of their early Christmas gift last month. One such resident was Walter Cool, 85, from Beckton. The born and bred East Enders, who worked alongside his father as a waterman on the docks,

was presented with a hamper by Sir Robin, Beckton ward councillor Ayesha Chowdhury and cabinet member for building communities and public affairs, Councillor Ken Clark.

Weller said: "I was delighted to receive a letter offering me a Christmas hamper. It will make the holidays more enjoyable."

"I have never received a gift like this in the past. To receive one now has made me appreciate how much Newham Council is doing for its residents."

Sir Robin said: "The council are giving out hampers to older residents who need a little help. The hampers have been a welcome treat for residents and have brought the community together to deliver

this project, bringing a distinct festive feel to the borough.

"I'd like to thank all the volunteers that helped make this happen and wish everyone a merry Christmas."

The hampers were supported by donations from Nakro cash and carry and Aspers Good Causes Fund.

**To play an active role in your community neighbourhood, or to find out more about what's happening locally, visit [www.newham.gov.uk/communityneighbourhoods](http://www.newham.gov.uk/communityneighbourhoods)**



# Save time online

During the Christmas and New Year break most council offices will be closed but that doesn't mean you can't contact us. Go online to [www.newham.gov.uk](http://www.newham.gov.uk) and you'll find us open all hours - you don't even need to leave your home.



My Newham is a self-service application that allows you to view and use lots of services online for free at your convenience. If you have not already signed up register today at [www.newham.gov.uk/mynewham](http://www.newham.gov.uk/mynewham) and discover what's on offer – from bulky waste collections to secure online payments

### Why go online?

Say goodbye to queuing in an office or waiting on the telephone when you go online. You can log on and complete your task from the comfort of your home, or when you're on the move if using your smart phone.

Here are some of the key things you can do online:

- > make a range of payments, including Council Tax and rent
- > book council services such as bulky waste collection
- > report problems including fly tipping
- > view personal account information and balances for council bills
- > view correspondence sent to you from the council
- > view benefit payment schedules
- > access Council Tax and Housing Benefit services.

All services take minutes to access and confirmation of your request is sent to your email, so you have an automatic record of council correspondence.

With free internet access at all of Newham's ten libraries, if you're not online at home and don't have a smart phone, you can drop into your local branch to book services at the touch of a button. Library staff are always happy to help. You can also renew library books online at [www.newham.gov.uk/libraries](http://www.newham.gov.uk/libraries).

Continuing the council's drive to cut costs while maintaining services, in 2015 we plan that following services will only be available online:

- > bulky waste collection requests
- > green waste collection requests
- > new and replacement waste bin requests
- > building control appointments
- > electoral service requests for information.

If you've not visited [www.newham.gov.uk](http://www.newham.gov.uk) lately go online to check out the changes which have made the council's 24-7 shop window for residents even easier to use. The new layout gives priority to the

things that you and other residents search for most – including Council Tax, rubbish and recycling, housing and parking permits. To register for online services, simply visit [www.newham.gov.uk/mynewham](http://www.newham.gov.uk/mynewham)

### Christmas and New Year closures

On Christmas Eve, while residents rush around finishing last minute Christmas shopping, staff at Newham Council will be working as usual. However, most council offices and services, including libraries close from 26 December to Thursday 1 January.

**Community Centres:** closed from 26 December to 1 January

**Newham's Contact Centre:** A reduced service will operate from 8am-5pm on weekdays except Christmas Day, Boxing Day and New Year's Day

**East Ham Customer Service Centre:** closed from 26 December to 1 January. Visit [www.newham.gov.uk](http://www.newham.gov.uk) to access popular council services

#### Leisure centres

Normal opening hours until 24 December. Thereafter

**East Ham:** on 24 December the centre is open from 7am-6pm. It is closed on Christmas Day, Boxing Day and New Year's Day and is open 8am-4pm on all other days including 2 January. Normal hours resume on Saturday 3 January.

**Newham:** on 24 December the centre is open from 6.30am-2pm. It is closed on Christmas Day, Boxing Day and New Year's Day and is open 8am-4pm on all other days until 31 January when it opens from 6.30am-2pm. Normal hours resume on Friday 2 January.

**Barking:** on 24 December the centre is open from 8am-5pm. It is closed on Christmas Day, Boxing Day and New Year's Day but open 8am-6pm on all other days until Monday 5 January, except Saturday 27 December when it is open from 8am-1pm. Normal hours resume on Saturday 3 January.

After Newham's customer service centre line will be closed on public holidays but open throughout Christmas and the New Year. Call **0300 124 0123** for information on all Newham's leisure centres or visit [www.active.newham.org.uk](http://www.active.newham.org.uk)

For all Christmas closure details visit [www.newham.gov.uk/christmas](http://www.newham.gov.uk/christmas)

# NewShare

Want to buy your own home in Newham? Can't afford a large deposit or the cost of buying on the open market? Newham Council's shared equity scheme, NewShare, could help you.

For more information and advice on buying a home using shared equity visit [www.newham.gov.uk/NewShare](http://www.newham.gov.uk/NewShare)

in partnership with



## Christmas and New Year revised refuse and recycling collection times



### Collection day

Monday 22 December  
Tuesday 23 December  
Wednesday 24 December  
Thursday 25 December  
Friday 26 December  
Monday 29 December  
Tuesday 30 December  
Wednesday 31 December  
Thursday 1 January  
Friday 2 January  
Monday 5 January  
Tuesday 6 January  
Wednesday 7 January  
Thursday 8 January

### Revised collection day

Saturday 30 December  
Monday 22 December  
Tuesday 23 December  
Wednesday 24 December  
Monday 29 December  
Tuesday 30 December  
Wednesday 31 December  
Friday 2 January  
Saturday 3 January  
Monday 5 January  
Tuesday 6 January  
Wednesday 7 January  
Thursday 8 January  
Friday 9 January

Most recycling collections are now fortnightly.

Household waste remains a weekly collection.

Residents should visit [my.newham.gov.uk](http://my.newham.gov.uk) for their collection calendar.



Visit [www.newham.gov.uk/mynighbourhood](http://www.newham.gov.uk/mynighbourhood)



# Rail roads – multi-million-pound investment secured

The arrival of Crossrail in 2019 will mean enhanced transport links for thousands of residents. Before the new carriages roll into Newham, areas around three stations will be improved with millions of pounds of investment.



Newham Council successfully secured funding from Transport for London (TfL) to transform public spaces around Forest Gate, Manor Park and Maryland stations. They will be served by Crossrail, a major new cross-London rail link connecting Heathrow and Maidenhead in the west to Sharnfield and Abbey Wood in the east.

The areas outside the stations will benefit from almost £7m – the biggest allocation secured by any London borough – to make them more pleasant for residents and visitors and provide better access to transport networks.

The works will also improve

lighting, junctions and crossings, as well as create safe and secure walking and cycling routes. A similar scheme of improvements will be undertaken around Custom House station.

The new funding bid coincides with Crossrail's announcement that all stations will have step free access – news welcomed by the council and campaigning residents.

Public consultations and the development of detailed designs for the schemes will begin in Spring 2016. The improvements across the borough are expected to be completed by 2019.



## Street scenes: improvements ahead – 2019

### **Maryland – £3.022m**

Improved, wider pavements around the station. Removal of the roundabout junction at Forest Lane replaced with a raised, signalled T-junction with better facilities for pedestrians and cyclists.

### **Forest Gate – £2.258m**

Improved, wider pavements around the station. Removal of the left slip road to Woodgrange Road from Forest Lane replaced with a raised, signalled T-junction with better facilities for pedestrians and cyclists.

### **Manor Park – £1.350m**

Improved, wider pavements around the station. Relocation of the existing crossing and bus stops to serve the station better.

To keep up-to-date with Crossrail in Newham visit [www.newham.gov.uk/crossrail](http://www.newham.gov.uk/crossrail)



Only put these  
items in your  
**recycling bin**

Please put all general waste in your rubbish bin.  
[www.newham.gov.uk/recycling](http://www.newham.gov.uk/recycling)



Play your part for a Cleaner,  
Greener Newham

## BITE Sixth Form England

World-class experience. Love, Rights,  
Diversity, Health & Money  
only BITE sixth subject  
program is unique

### Both Form College for Girls

- Taught by experienced female tutors and mentored by professional female professionals
- Lessons from Monday to Thursday 8am to 4pm
- Practical activities brought to the week to complement learning, applied learning for the week
- After the lesson students stay with a regional and central school for community and social a personal life in the approach.
- Resources available to all girls



CALL 020 8552 3071

Start date: 20th January 2016

For more info please call Head of  
Sixth Form on Wednesday  
17th January 2016. 9am to 4pm  
Registration open and  
email: [admissions@bte.co.uk](mailto:admissions@bte.co.uk)  
252-242 Rufford Rd, London E7 9H2

## BITE OPEN DAY

7th January 2016, 11am to 3pm

Why pay £20,000 when you can get it for £3,000?



### College Programmes

- Distance Business Management
- Distance Accounting & Finance
- Distance Computing
- Distance Marketing & Sales Technology
- Day Time Distance Education Learning

For more info please contact  
Tel: 020 8552 3071  
Email: [admissions@bte.co.uk](mailto:admissions@bte.co.uk)  
Web: [www.bte.co.uk](http://www.bte.co.uk)  
252-242 Rufford Rd, London E7 9H2

\* BITE is a registered charity (1130000) and a company limited by guarantee.



British Institute  
of Technology & Innovation

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it, report it!



Download the free Love Newham app  
now at [www.newham.gov.uk/lovenewham](http://www.newham.gov.uk/lovenewham)



Love Newham.  
Love Clean streets.

Mayor of  
Newham

# A blatant approach to latent TB

**Tuberculosis (TB) is often thought of as a disease more common in the developing world than it is in the UK. Boroughs with high numbers of migrants from Africa and the Asian subcontinent have seen an increase in cases of TB. The Newham Clinical Commissioning Group (CCG) has developed a pioneering new screening programme, which is treating patients and reducing the spread of the disease.**

Dr Duncan Trehen, GP at Church Road Medical Centre in Manor Park, is the clinical lead for a new latent TB programme supported by Healthwatch Newham – a health and social care consumer champion representing the views of service users. It is the only programme of its kind in the country.

Dr Trehen said: "Screening for TB has been going on for some time but these tend to look for active TB. Latent TB is dormant, and doesn't show up on x-rays. While it's harmless in this form, low immunity or a bout of flu could see patients develop active TB."

In Newham, 80 per cent of people

who develop TB do so as a result of reactivating 'the latent' or 'sleeping' TB bacteria. Latent TB doesn't have any symptoms and cannot be spread to others. The TB infection is triggered when a person's immune system is low. It can also be encouraged by poor living conditions such as overcrowding.

When residents from countries where TB is common register with a Newham GP they are automatically invited to take a blood test to check for the latent TB infection. If it's detected they are offered a chest x-ray and a three-month course of treatment.

Ranjith Viswanathan has almost completed his treatment for latent TB,

which was discovered after he took up the offer of a blood test.

Formerly from India, Ranjith lived in Dubai for eight years before coming to the UK. He explained: "I had no idea I had latent TB. The treatment was simple. I got my medication from the chemist and don't need to come and see the doctor."

Soon to be a dad, Ranjith encourages people at risk from TB to take the blood test. Dr Trehen added: "Even if you have been in the UK for some time, if you think you may be at risk from TB speak to your GP about the latent TB screening programme."

To register with a GP visit [www.nhs.uk](http://www.nhs.uk)

Ranjith and Dr Trehen



## Win tickets

Emirates 

Live the high life this Christmas with exclusive prizes from Emirates Air Line.

Two lucky Newham residents could win a VIP, private cabin ride for up to ten people on London's only cable car, connecting the Royal Docks and Greenwich, and a Thames Clipper Family Floater day ticket for two adults and up to three children.

Until 4 January, enjoy The Snowman and Snowdog flight experience with a reworked version of the iconic film available for passengers. A life-size snowman statue will be on display at the terminals for passengers to have photos taken with and children will receive a goodie bag of Snowman gifts.

For your chance to win, answer this question: **where is the Newham Emirates Air Line terminal?**

To enter, email your name, address and contact number to [Newham.Mag@newham.gov.uk](mailto:Newham.Mag@newham.gov.uk) or send it to Newham Mag, Newham Dockside, 1000 Dockside Road, London E16 2DU by Tuesday 23 December.

Newham residents get 50 per cent off journeys on the Air Line which is open from 7am-8pm on weekdays, 8am-8pm on Saturday and 10am-8pm on Sunday. Visit [www.emiratesairline.co.uk](http://www.emiratesairline.co.uk) for details.



## Anti-bullying ambassador visits Rokeby School

Actor and anti-bullying ambassador Jay Brown, star of Channel 4 series Youngers, visited Rokeby School in Canning Town to speak to students and meet the school's own award-winning anti-bullying ambassador Tyrone Garrod.

Class award-winning Tyrone, whose cousin committed suicide due to bullying, shared his story. Jay encouraged victims to talk to someone if they were affected by bullying or abuse.

Jay also held a workshop for the school's other anti-bullying ambassadors on how to identify victims and how they can help.

For more information visit [www.newham.gov.uk/bullying](http://www.newham.gov.uk/bullying)



Rokeby students with Jay Brown and Tyrone Garrod

## A taste of Spain



A Spanish fiesta introduced Continental culture to Beckton, thanks to a Newham Council Let's Get the Party Started grant.

More than 200 people enjoyed delicious paella and Spanish smooches, with hundreds more taking part in activities at the event organised by Beckton resident Verónica Mesa Domene at Beckton Community Centre. A Spanish language workshop, comic and dance exhibitions, live Spanish music, tapas demonstrations and refreshments were on offer.

A Zumba session with a Latino twist got hearts racing while children enjoyed colouring and painting.

To find out how you could get funding for a community event visit [www.newham.gov.uk/grants](http://www.newham.gov.uk/grants)

## Newham tops HPV immunisation

Newham has the highest record in London for delivery of the human papillomavirus (HPV) vaccine.

The vaccine is for girls aged 12 to 13 years and helps protect against cervical cancer. Immunisation rates for 2013/14 were 92 per cent.

The national vaccination programme against HPV began in 2008. Delivered through secondary schools, it consists of three injections over a six month period.

Infection with some high-risk types of HPV can cause abnormal tissue growth as well as other cell changes that can lead to cervical cancer. For more information about the vaccine visit [www.nhs.uk](http://www.nhs.uk).

## Blacksmith course



Learn blacksmithing skills and find out how to create objects from wrought iron or steel by forging metal, using tools like hammer, band and cut.

Courses for beginners and those with mixed ability start next month. The ten week courses start on Monday 12 January 2016, with the beginners' class from 1-4pm, and the mixed ability class between 6-8pm.

The whole course costs £90. Residents who are aged over 65 or receive certain benefits pay nothing or a reduced fee. See website for more details.

Enrolment is now open. Call 020 8357 4930 or visit [www.newhamadultlearning.co.uk](http://www.newhamadultlearning.co.uk) for more information on adult courses.

## Flu jabs for children

The NHS childhood vaccination programme is offering a new nasal spray flu vaccine to children aged between two and four-years-old.

The vaccine will help to protect children from getting the flu, as well as stopping the disease from spreading to family, carers and others.

The vaccination is also available to those aged under 17 who are at particular risk of flu, such as those with a long-term health condition.

If you have not already been contacted by your GP or child's school to arrange the vaccination speak to your GP or practice nurse. For more information about the vaccine visit [www.nhs.uk](http://www.nhs.uk).



# Kids' Corner



PLEASE SEND YOUR DRAWINGS,  
JOKES AND POEMS TO:  
KIOSK CORNER, WEST WING  
4TH FLOOR, NEWHAM DOCKSIDE  
1000 DOCKSIDE ROAD, LONDON E16 2QU  
OR EMAIL THEM TO  
[newham.mag@newham.gov.uk](mailto:newham.mag@newham.gov.uk)

Don't forget to write your name, age, address and daytime  
contact telephone number on the back of your entry

## GALLERY



Aliet-Rahman Khan, 9



Mya Jasmin Basra, 7



Muneer



Fanziga Chandury, 11



## Win free membership at Stratford Picturehouse

The issue's winner receives free annual family membership at Stratford Picturehouse, which includes free tickets and discounts on films.

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2GJ**. Don't forget to write your full name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit [www.picturehouses.co.uk](http://www.picturehouses.co.uk) to see what's on.



Stratford  
Picturehouse  
cinema

## Jokes

What do you call an elf who sings?

A wrapper!

What do you call people who are afraid of Santa Claus?

Claustrophobic.

Why was Santa's little helper depressed?

Because he had low elf-esteem.

Who delivers presents to cats?

Santa Paws!

Who is Santa's favourite singer?

Elf-ie Presley!

What do Santa's little helpers learn at school?

The elf-abet!

Why did the turkey cross the road?

Because he wasn't chicken!

James Connor, 8

## Colour-me-in Wordfit



# WHAT'S ON?

## FIVE PAGES OF ACTIVITIES MOSTLY FREE, ALL FUN

### OUR THRILLING THREE...

1

#### Stratford Christmas Movie Matinee

Mon 22 Dec, 3pm, Stratford Library & The Grove, E15. Enjoy Disney's Frozen adventure. For adults and children. Call 020 3373 0866

2

#### Three Days of Festive Cheer

Mon 22 Dec, Wed 24 Dec, Green St Library, E13. Sing along to festive songs and carols. Call 020 3373 0867

3

#### Festive Sport Activities

Sat 27 Dec, 11am-1pm, Flinders Field, Naper Rd, E8. Table tennis, walking football and board games with free refreshments. Visit [www.bonnydowns.org/sports](http://www.bonnydowns.org/sports)

### MENTION THE MAG...

Get fit in January with a free seven-day membership at University of East London (UEL) SportsDock in Beckton when you show this copy of the Newham Mag.

As well as a world-class fitness centre and strength and conditioning room there are numerous exercise classes on offer. SportsDock is at University Way, E16 2RD, and open from 7.30am-10.15pm on weekdays, and 8am-9pm on weekends. Free parking is available.

The offer is valid till Saturday 31 January 2015. Terms and conditions apply and see online at [www.sportsdock.co.uk](http://www.sportsdock.co.uk). For more information email [enquiries@sportsdock.co.uk](mailto:enquiries@sportsdock.co.uk) or call 020 8223 6666



### TRY SOMETHING NEW... GET ACTIVE

Get fit with East Ham Active's free sports activities.

East Ham Active, a joint project between Bonny Downs Community Association and the Renewal Programme, is funded by Sport England. It supports residents to become more active by taking part in sports designed to encourage beginners.

Activities include martial arts, table tennis, cycling and walking football.

Sessions take place at Hamley Centre, Flinders Field, St Bart's Church and The Well Centre. Visit [www.bonnydowns.org/sports](http://www.bonnydowns.org/sports) for more information or call 020 8586 7070 or email [mark.blythe@bonnydowns.org](mailto:mark.blythe@bonnydowns.org)



### Indicates free sessions

#### UNDER FIVES

#### Music and Rhyme

Tues, 10.30-11.15am, Custom House

#### Rhyme Time

Thurs, 1.30-2.15pm, Custom House

#### Storytelling

Mon, 11am-12noon, Tues, 10-11am, Beckton Globe, Mon, 10.30-11.15am, Custom House, Tues, 10.30-11.30am, Canning Town, Tues, 11am-12noon, The Globe, Tues, 10.30-11.30am, Thurs, 9.45-10.45am, East Ham, Sat, 11am-12noon, Green St, Fri, 11am-12noon, Manor Park, Thurs, 2.30pm, North Woolwich, Thurs, 2.30pm, Pleslow, Tues and Fri, 11am-12noon, Stratford

#### Stay and Play

Support for parents and carers

to develop their child through play. Term time: Weds and Sat, 11am-1pm, Stratford, Thurs, Jack Cornwell C.C.

#### Music and Movement

Sessions for parents/carers and children. Mon, 10-11am, Greenrocks

#### Sing, Dance and Play

Fri, 10 Jan, 10.30-11.30am, The Globe

#### YOUNG PEOPLE

#### Board Games Club (7-14yrs)

Play chess, Checkers, Ludo, Pictionary and more. Term time: Thurs, 4-6pm, Green Street and Custom House, Thurs, 4.30-6pm, North Woolwich, Tues and Fri, 4-6pm, Stratford (term time)

#### Homework Club (7-14yrs)

Free study support. Term time: Fri, 4-6pm, Beckton and Canning Town, Fri, 3.30-5.30pm, Thurs

**4 Gm: Flawless Fit** 4-5.30pm, East Ham, Sat 2-3.30pm, Green St, Weds 3.30-5.15pm, Minor Park, Mon 3.30-4.30pm, North Woodlatch, Mon 4-6pm, Stratford, Sat 10am-12noon, The Gate

**Gemes Club (7-14yrs)** Sony PS3, Xbox360, Nintendo Wii, board games and more Tues 3.30-5.15pm, Custom House, Thurs 4-6pm, Canning Town, Wed 3.30-5pm, Forest Gate, Mon 5.30-7.30pm, Plaistow

**Young Police Cadets (10-12yrs)** Thurs 4.15-5.45pm, Upton C C

**Freud Young Project (7-16yrs)** Activities for young people, Mon 3.30-5.30pm, Jack Cornwell C C

**Children's Movie Club** Booking essential, Thurs 4-6pm, 7-12yrs, The Gate, Tues 3.30-5.30pm, 0-10yrs, (under 5s must be accompanied by an adult), Green St

**Arts and Craft Workshop (5yrs)** Fri 3.30-5pm, Green St, Sat 2-3pm, Custom House and Canning Town, Tues 4-5pm, Plaistow

**Puzzles, Quizzes & Colour** Mon 3.30-5pm, Green St

**Young Readers Club (7-12yrs)** Read and discuss your favourite books, Tues 4-5.15pm, North Woodlatch, Sat 10.30am-12noon, Minor Park

**Decorate Your Library** Create a magical winter wonderland, Diary Sat 3.30-5pm, Green St

## ACTIVITIES AND SUPPORT



**Time-2-Craft (14yrs)** Sat 10am-12noon, Stratford

**Adult Reading Group** Discuss your favourite books and discover new writers, Sat 30 Dec, 10-11am, Perfect

People by Peter James, Custom House, Sat 10-11.30am, Book group meet to talk about this month's book, Green St, Mon 12 Jan, 5.30-7.30pm, Stratford, Thurs 15 Jan, 8.30-7.30pm, East Ham, Thurs 5 Jan, 6.45-7.45pm, The Age of Innocence by Edith Wharton, Plaistow

**Family Reading Group (3+yrs)** Sat 3 Jan, East Ham

**Chess Club** Mon, 5.30-7.30pm, East Ham, Weds 3.30-5pm, Green St, Thurs 5.30-7.30pm, Stratford

**Coffee Mornings** Tues 10-11.30am, Beckton, Thurs 10-11.30am, Canning Town, Tues 11am-12.30pm, Custom House, Tues 13 Jan 10.30am-12noon, Minor Park, Wed 17 Dec, 10.30am-12noon, Green St, Wed 14 Jan, 10.30am-12noon, Stratford, Thurs 10-11.30am, North Woodlatch

**Do it Online (18+yrs)** Free or at night, week basic computer training, advice booking required, contact library directly, Tues 10am-12noon, The Gate, Tues 10am-12noon, East Ham, Tues 10am-12noon and 2-4pm, Plaistow, Mon 10am-12noon, Minor Park, Weds 2-4pm, Stratford, Thurs 10am-12noon, Green St, Thurs 10am-12noon, Katherine Rd C C

**Knit & Natter (18+yrs)** Weds, 10am-12noon, Beckton, Fri 10.30-11.30am, Canning Town, Fri 10am-12noon, East Ham, Tues 10.30am-12.30pm, Minor Park, Weds, 10.30am-12.30pm, Green St

**ICT Surgery** IT advice for all ages, Mon, 10am-12noon and 2-3pm, Plaistow, Wed 10.30am-12noon, Stratford, Fri 2-4pm, Canning Town

**Stratford London Roadmasters** Public speaking and leadership

club, 1st and 3rd Monday of month, 6-8pm, Stratford, Free applies, Call 020 3373 0826

**Weekly Get Together** Try new things, Weds, 10.30am-12.30pm, Green St, Call 020 3373 0857

**Love Nisheem app drop-in** Learn how to report issues, use the app, Mon 10.30-11.30am, The Gate

**Sexual Health Advice** Mon 12 Jan, 11am-2pm, The Gate

**British Sign Language Social Club** Thurs 15 Jan, 5.30-7.30pm, The Gate

**Grants Surgery** Guidance on Life's Call the Party, Stratford and Go for 6 grants, Thurs 8 Jan, 4-6pm, Minor Park

**Inspire Pictures Drop in** Advice on ESOL and citizenship, Thurs 2-4pm, Green St

**Community Links Drop in** Debt, housing and benefit advice, Call 020 8546 9825 to make an appointment, Thurs 8 Jan, 3.30-5.30pm, Katherine Road C C, Mon 5 Jan 12noon-2pm, Green St

**ESOL** Improve your English language, Mon and Weds, 12.30pm, Call 020 8522 5772 to enrol, Katherine Road C C, Tues 9.30am-12noon, Fri 9.30am-12.30pm, Jack Cornwell C C, ESOL, citizenship and Life in the UK preparation class, Tues 2-4pm, Minor Park

**ICT Drop-in Session** Set up a My Nisheem profile and create an email account, Fri 10am-12noon, The Gate, Fri 10am-12noon, Green St

**Sings Night (16+yrs)** Thurs 5-7pm, Green St

**Alcohol Awareness** Advice and guidance



Thurs 15 Jan 3-5pm, The Gate

**Aerobic Exercise** Workout and body stretching, Mon, 9.30-10.30am, Jack Cornwell C C, £1.50

**Regeneration Drop-in** Find out more about the regeneration of Canning Town and Custom House, Thurs 8 Jan, 10-11.30am, Canning Town, Tues 6 Jan, 11am-12.30pm, Custom House

**Queens Market Festivities** Meet Father Christmas at the profits, Sat 20 Dec 12noon-2pm, Queens Market

**Exhibitions** Solo exhibition by Gadour Kadima, until 15 Jan, The Hub, Solo exhibition by Ian Farrant, until 15 Jan, Greenrocks, Solo exhibition by George Laburne, until 31 Jan, Beckton, Open exhibition by local disabled artists, until 31 Jan, Old Town Hall, Stratford

**Green Street Health Event** Fun activities and tips on how you can improve your health and wellbeing, Thurs 15 Jan 4-7pm, St Stephen's Primary School, Whitehall Rd, E8

**East Ham Youth Zone** Sony PS4, Qi Docks and other activities, Tues 4-7pm, East Ham

**A Stratford Neighbourhood Christmas** A celebration of winter and all things festive including face painting, Sat 20 Dec 2-4pm, Stratford

**COMMUNITY  
ACTIVITIES**



**Bumps and Babies  
(up to 1yr)**

A free home based meet up every Wed 7-9pm for expectant parents and those with babies. Email newhamnct@holmes.com

**Meet and Greet**

**Mums, Bumps and Babies** in various cafes around Newham. Visit [www.newmums.com](http://www.newmums.com) or email [jp@newmums.com](mailto:jp@newmums.com)

**Royal Docks Learning  
& Activity Centre**

**Man, Needlecraft, 10am-12noon, £2**

**Tues**, Healthy Cooking, 12noon-1:30pm, £2

**Planet and Toddler Group**, 10am-12noon, £1

**Bingo**, 10am-12noon, £1

**Wed**, Knapp Fit, 10-11am, £2

**Employment** 7-2-7 support, by appointment

**Job Club**, 10am-2pm

**Thurs**, Tai Chi, £2 first session free, 10:30am-12noon

**Line Dancing**, £1, first session free, 1-3pm

**Royal Docks Learning & Activity Centre**, Albert Rd, E16  
Call 020 7478 8882. Visit [www.rdlco.org.uk](http://www.rdlco.org.uk)

**Junior Volunteer Police  
Cadets (10-12 yrs, term time)**

**Wed** 3-3:30pm, Little Bird School, Browning Rd, E12, £7  
**Thurs** 4-10-5:45pm, Upton C of C, Claxton Rd, E13, £1. Call 07500 881 378

**Senior Volunteer Police  
Cadets (13-17 yrs)**

**Wed** 6:30-8pm, Little Bird School, Browning Rd, E12, £2.50  
**Thurs** 6:30-8pm, Eastlea Community School, Ewing Rd, E15, £2.50. Call 07500 881 378

**BOUNCE AND  
SELF DEFENCE**



**Bouncing (Newham College)**  
**Mon** 5-6pm, East Ham

**College High St South, E8**

**Fight For Peace Boxing**  
**Mon** to **Fri**, 4-5pm, 10-14yrs  
**Mon** to **Fri**, 5-9pm, 14+yrs  
Woodman St, North Woolwich, E16  
Call 020 744 0054

**Punch Dot (16+yrs)**  
**Fri**, 4-5pm, Katherine Rd C of C  
254 Katherine Rd, E7

**Intense Fitness (14+)**  
Workouts, boxing and wrestling  
**Fri**, 8:30-10pm; **E5** The Harley Centre, E5. Call 07578 253 542

**Shouju Karate**

**Wed** term time, 4:30-5:30pm  
**Fri** 6-7pm and 7-8:30pm, Sun  
10-11am, Under 15yrs £4  
15yrs £5, cones £5  
Newham Leisure Centre, E13  
Call 0208 070 638

**Docklands Shouju Karate**

**Mon** and **Wed**, juniors and  
beginners 7-8pm, all other grades  
8-9pm. First session free, under  
10yrs £4, 16+ £6, cones £5. UEL  
Sports Dock, call 07766 685 889  
Competition training, Juniors  
(8-14yrs) **Tues** and **Thurs** 6:30-8pm  
seniors (15+yrs), **Tues** and **Thurs**,  
8-9:30pm

**Beginners**, juniors (8-14yrs)  
**Wed** 6:30-7:45pm, seniors  
(15+yrs) **Wed** 7:45-9:15pm  
From £2. £5 per class  
Carpenters Docklands Centre  
98 Galsbro Rd, E15  
Call 07585 801 260  
[www.tmsbqjudo.com](http://www.tmsbqjudo.com)

**West Ham Boys ABC**  
**Mon**, **Wed**, **Fri**, meet @ 10yrs,  
5-6pm. Sat, boys 6-11yrs,  
10-11am, girls @ 16yrs, 11am-12noon,  
£2. 2 London Rd, E13.  
Call 020 8472 3614

**HEALTH AND  
FITNESS**



**Athlete**

All ages and ability **Mon** 11-12noon (women only) **Wed**,  
11-12noon (mixed) Jack  
Cornwall C.C

**Boxing and Circuits with AI**  
**Mon** 6:30-7:30pm, Cranford

**East Community Hub**, E15, £4  
Call 07556 544 252

**Junior's Fitness**

**Mon** 7-15-7:45pm, Better abs,  
E3, The Harley Centre, E5  
Call 07518 000 643

**Twisted Pink Street Dance**

**7-11yrs**, **Thurs** 5-7pm, St Lukes  
Church, Tilling Rd, E15  
**12+yrs**, **Fri** 8-7pm, Maryland  
Studio, 84 Leyland Rd, E15  
E5. Call 07561 544 017. Visit  
[www.twistedpink.org.uk](http://www.twistedpink.org.uk)

**Zumba Fitness**

**Mon** and **Wed**, 7-8pm, E5 and  
E4 for 2nd class. Viceroy Lane  
Community Centre, Gower Ct,  
E15. Call 07500 858 655

**Zumba with Jessica**

**Mon** 6:30pm-12:30  
Asia Community Hub, 14a  
Carnel Rd, E15. Sat 3:30pm,  
circuits E4, Community Resource  
Centre, 200 Chargeable Ln, E15  
Call 07584 861 484

**Zumba**

All ages. Registration essential  
Bring water and a towel!  
**Wed** 7-8pm, E5, Beckton  
C of C, Fri, 9:30-10:30am, E3,  
Jack Cornwall C.C

**50+ ACTIVITIES**



**Age UK East London**

**Nordic Walks (18+)**  
**Tues** 9:30-10:45am, meet at  
Age UK East London Newham  
Branch, 655 Barking Rd, E13  
**Sun**, 10-11am, meet at entrance  
of the Copper Box, Queen  
Elizabeth Olympic Park, E20  
For more info call 07585 328 242

**Health Walks**

**Mon**, 2pm, starts by the War  
Memorial, Central Park, E8  
Call 07518 750 120  
**Tues**, 10am, starts outside First  
a Manger at Stratford Station  
Call 0844 414 2728  
**Tues**, 1:30pm, starts at the corner  
of Winsted Flats at the junction  
of Capel Rd and Woodford Rd  
Call 0844 414 2728  
**Wed**, 10:30am, starts outside  
Newham Centre, MoGrah Rd,

E15. Call 07570 291 120  
**Thurs**, 1:30pm, starts at the corner  
of Winsted Flats at the junction  
of Capel Rd and Woodford Rd. Call  
07500 744 525  
**Thurs** 2pm, starts by the War  
Memorial, Central Park, E8  
Call 07518 750 120  
**Fri** 10:30am, starts outside St  
Mark's Community Centre, Tolgate  
Rd, E5. Call 07500 744 525

**Newham Striders**

Daily walking group  
Call 0844 414 2728

**Nordic Walking**

**Wed** 9:30am, meet at Lord  
Lester Health Centre, E7. Not  
suitable for wheelchairs  
Call 07780 660 428  
**Fri** 6:30-8pm, Meet at  
Newham Leisure Centre, E13  
**Sun**, 10-11:30am, Meet at East  
Ham Leisure Centre, E6

**Young at Heart**

**Bingo Club**, **Mon**, 12noon-4pm, E1. Joyce C.C

**Ballroom Dancing**

**Mon** 10am-12noon, St Paul's  
Church Centre, Burgess Rd, E6  
£2.50 per session  
Call 07761 208 463

**Tea Dance**

**Wed** 17 Dec 7-9pm, St Mark's  
CC, E6. Dancing, chat and  
refreshments. E1 50

**Active Centre Bingo (50+yrs)**

**Thurs** 7-9pm, Jack Cornwall C.C

**Over 50s club**

**Thurs** 10-12noon, Beckton

**GREEN**



**Green Gym**

**Wed**, 10am-1pm, meet at Victor  
Centre in East Ham Nature  
Reserve, Newham Rd, E5. Call  
07845 973 156

**Green Mountaineering**

**Tues** and **Thurs**, 10am-2pm,  
Silverdown Wy, E16 (opp  
Halleloo Rd)

**Garden Club**

**Tues** 1-3pm, **Thurs** 4-7pm,  
**Sat** 10am-4pm, Abbey Gdn,  
Bakers Row, E15

## Gardening Thymes

### Gardening Club

Fri, 11am-1pm, Bowling Green, Central Park, High St South, E6

## Grow Together Be Together

### Community Gardening Club

Wed, 10am-1pm, Sat, 1pm-3pm, Flanders Field, Melbourne Rd, Walsby, E6. Call 020 8555 7570

## DOORSTEP CLUBS



Call 0844 414 2926 unless otherwise stated

## Athletics Club (14+)

A multi-sport session focusing on athletics, football and the gym. Tues, 6-7pm, Newham Leisure Centre, E13. Call 07716 394 756

## Gym & Basketball (14+)

Tues, 6-10pm, E2, Rokaby School, Barking Rd, E16

## Shant & Tumble (14+)

Thurs, 7-30-9pm, E5. Talent Cheer & Dance, Gallions Reach, Arncliffe Wy, E6. Call 07956 612 610

## FEMALE SPORTS



## Basketball Sessions

Tues, 4-6pm, Chobham Academy, 40 Cheering Ln, E20

## DanceDance (12-16)

Street dance, Fri, 3-30-5-30pm, Newham Leisure Centre, E13

## Female BoxFit (14+)

Mon, 4-15-5-15pm, Boleyn Leisure Centre, E13. Call 020 8970 789/826

## Girls Football (11-16)

Tues, 4-5-30pm and Thurs 5-6pm, Newham Leisure Centre, Fri 5-7pm, Memorial Park, E15

## Girls Group Cycling (11-15)

Tues and Thurs, 5-5-30pm, Newham Leisure Centre, E13

## Just Play (14+)

Wed 6-30-8pm multi sports (also 11m), Cumberland School, Feroi Way, E6. Call 0844 414 2926

## Abx Blast (11-15)

Thurs, 5-30-6pm, E3 10, Newham Leisure Centre, E13

## AthleFit (14-18)

Athletic fitness, Wed, 5-30-6-30pm, E1, Flanders Community Centre, Napier Rd, E6. Call 07716 394 756

## Female Only Gym Sessions

Mon, 9-10am, 15-20pm, Mon and Wed, 7-30-10-30pm, Tues and Thurs, 12noon-1-30pm, Sun, 3-6pm, 11-15pm, E4 05, Newham Leisure Centre, E13

## Get Back into Netball

Tues, 6-7-30pm, Juniors, 7-30-9pm, seniors, E2, Lister Community School, E13. Call 07717 261 529

## Juile's Mums On The Run

Wed, 10-11-30am, E5, or bring a friend and both pay £4 each, Abbey Lane Park, E15. Call 07967 374 772

## KeepFit

Wed, 10am, E1, Chandra East Centre, E15. Call 07960 944 036

## Keep Fit - Stay Fit

Fri, 10-11am, E3 50, Jack Cornwell CG, E12. Call 07795 084 116

## Leslie's Only Keep Fit

Wed, 10am, E7, Chandra East Centre, Chandra Rd, E15, Thurs, 10am, E1 50, Rokaby Centre, Rokaby St, E15

## Shella's Mummy Mummy Buggy (16+)

Mon, 10-11-30am, E5, Central Park, High St South, E6 (meet outside cafe in the park), Fri, 10-11-30am, Plashol Park, Plashol Gr, E6. Call 07968 614 968

## Women's Badminton

Fri, 1-2-30pm, East Ham Leisure Centre, E8, £2 equipment provided, Call 07930 162 505

## Women United APC (17+)

Mon (also 11m), 8-7-15pm, E7, Kingsford School, E6. Call 07792 932 593

## Zumba and Tone

Tues, 1-15-2-15pm, E7, St Bartholomew's Church Hall, Barking Rd, E6. Call 07944 775 679

## SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE



## Ability Club (14-25)

Multi-sports for disabled young people, Wed, 5-30-6-30pm and Fri, 4-4-5pm, Newham, E13

## Athletics (6-16)

Tues, 4-15-6-15pm, Brampton Manor, Roman Rd, E5, Thurs, 4-30-5-55pm, St Angela's Unswine School, E7. Email [princeps@englandathletics.org](mailto:princeps@englandathletics.org)

## Family Swims

Sat, 4-30-5-30pm, Newham Others Swimming Club, Newham Leisure Centre, E13. Call 07931 765 739, Sun, 12-30-3pm, Family Swims, Boleyn Leisure Centre, E5. Call 020 7476 5274

## Get Fit for Free

Tues, 1-30-3-30pm and Fri, 10am-12noon, Free gym use for people with learning disabilities, Newham Leisure Centre, E13. To book an induction call 020 7511 4477

## Sensory Play (U5)

Fri, (also 11m), 10-11-30am, Oliver Thomas Children's Centre, Malvern Ave, E6. Email [kathy.noddsworth@oliverthomasonline.co.uk](mailto:kathy.noddsworth@oliverthomasonline.co.uk) or call 020 8827 0337

## Swim for Families

Dealing with Autism, Wed, 4-5pm, Boleyn Leisure Centre, E13. Call 020 7476 5274

## Trampoline Sessions (U19)

Tues, 4-30-5-30pm, U19s, Newham Leisure Centre, E13. Call 020 7511 4477

## Support in Action (16+)

Indoor and outdoor activities and support, Thurs, 12-3pm, Upton CC

## RUNNING



## Beckton Park Run

Sat, 9am, Beckton Park South, E16. Call 07716 394 756, [www.parkrun.org.uk/beckton](http://www.parkrun.org.uk/beckton)

## East End Road Runners

Tues and Thurs, 7pm, Sun, 9am, Meet on the track, Coached sessions for all abilities, Newham Leisure Centre, E13. Call 020 8970 261 647

## Run England

£2 unless stated.

Sun, 10am-12noon, Newham Leisure Centre, E13 (meet on track), Mon, 4-5-30pm, Newham Leisure Centre, E13 (meet on track), Mon, 5-45-6-45pm, Newham Dockside, E16 (meet at reception), Wed, 12noon-1pm, Newham Dockside, E16 (meet at reception), Thurs, 5-15-6-15pm, UEL Docklands Campus, E16 (meet at reception), Sat, 10-11-30am, Wansford Fields, E12 (meet at Harrow Rd Changing Pavilion), Sat, 10-11-30am, Memorial Park, E15, E4 (meet at car park), Call 07716 394 674

## SPORTS



## Athletics

Newham and Essex Beagles Athletics Club, Mon and Wed, 6-5pm, Foundation Groups (6-10 yrs), Mon, 7-8pm and Wed, 6-7pm, E5, Jaxxite, McMillan Stadium, Newham Leisure Centre, E13. For further details visit [www.newhamandessxbeagles.co.uk](http://www.newhamandessxbeagles.co.uk)

## BMX (8-16)

Sun, 10am-12noon, JJ Goodley, Playing Fields, St Albans Ave, E6. Call 07961 333 615

## Fencing with Newham Swords

Tues, 8-9pm, Thurs, 6-8pm, Fri, 7-10pm, Classes for adults (18+) and semi-pros (14-17), UEL Sports Dock (4-7pm), UEL, Sports Dock, Call 07926 616 096



### Indoor Cricket (5-16yrs)

Wed 5-8pm E2  
 Later Community School  
 E13 email paul.fairing@bcslnewham.org.uk

### Black Arrows Badminton Club

Adults: Fri 7-9pm, Juniors  
 Sat 10-12noon E3 W2, East  
 Ham LG Adults: Weds  
 7-10pm, UEL SportsDock.  
 Call 07932 037173.

### Woodside Badminton Club

Fri, 7.30-8.30pm, Intermediate  
 and club standard ES  
 wages/E3 unwaged  
 Carpenters and Dockland  
 Centre 88 Gobara Rd, E15  
 Call 07958 150240

### FOOTBALL



### AIR Football (16+yrs)

Tues 1-3pm, Fri 10am  
 12noon Memorial Park  
 Memorial Ave E15  
 Fri, 3-5pm Backton  
 Powerleague ES  
 Visit www.airfootball.co.uk

### Football and Athletics

Thurs 4-5.30pm Brixton  
 Village 65 Evelyn Rd E16

### Football & Multi Sports

Mon 4-5.30pm, Newham  
 Leisure Centre, E13  
 Wed 5-6pm Stratford  
 MUGA, West Ham Ln E15

### Mayor's Football League

U10yrs, U12yrs, Mon 4-5.30-  
 6pm, U18yrs, U15yrs, 6-7pm  
 Newham Leisure Centre, E13

### Premier League (10+yrs)

6 a side (4 subs) Weds 7-10pm  
 Newham Leisure Centre, E13

### WHU Kicks

Mon, Tues, Fri, 4-7pm,

WHUUST Beckton St, B04  
 Abstracts CL E8  
 Thurs, 6-7.30pm Little  
 Wford Learning Zone  
 1 Rectory Rd E12  
 Thurs, 6.30-7.30pm,  
 Stratford Park MUGA, West  
 Ham Ln, E16  
 Sat 10.30am-12noon,  
 Newham Leisure Centre, E13

### Ascension Football

Sat 10-11.30am E3  
 Reception to 11yrs King  
 George V Park  
 King George Ave E16  
 Call 07952 584925

### BASKETBALL



### Basketball & Multi Sports

Fri, 5-6.30pm, 8-18yrs,  
 Snowhill MUGA, Snowhill  
 Rd E12

### Basketball Sessions

Thurs, 3-5.30-6.30pm Little  
 Wford Learning Zone 1  
 Rectory Rd E12

### National League

Mon 6-8pm, U13/14yrs,  
 Tues 8-9pm U15/16yrs,  
 Rakeby School, E16  
 Thurs, 4-5.30-6pm U13/14yrs  
 boys, U14yrs girls, 6-8pm,  
 U16yrs, Newham Leisure  
 Centre, E13, 6-8pm, U15yrs,  
 Cumberland School, E13

### NGCF Sports - Basketball

Thurs, 5-7pm, East Ham  
 Leisure Centre To register  
 email sports@newham.ac.uk  
 or call 020 8357 4222

### Senior Programme

Mon, 7.30-8.30pm  
 Division 2 women and division  
 3/4 men Rakeby School, E16  
 Call 07947 401616

### Newham All Star Sports Academy (NASSA)

Sessions ET unless indicated  
 Juniors, Fri 4-6pm  
 Cumberland School, E13  
 National league U10yrs, U14yrs  
 U18yrs, Tues, 6-8pm, Rakeby  
 School E16  
 National league U18yrs, Tues

8-10pm Rakeby School, E16  
 National league U13yrs,  
 U14yrs, U18yrs, Thurs,  
 6-8pm, SportsDock  
 National league U18yrs, Tues  
 8-10pm UEL SportsDock  
 Junior boys and girls, Sat,  
 10.20am-12.20pm, UEL  
 SportsDock E2.  
 Call 07703 503925  
 www.newhamports.org.uk

### Youngbloods Basketball

All seasons coast E1  
 U12yrs, mixed Sat 1-3pm,  
 East Ham Leisure Centre ES  
 U13/14yrs boys, Mon, 6-8pm  
 and Wed, 4-5.30-6pm St  
 Angela's School E7.  
 U13/14yrs girls, Mon 4-5.30-  
 6pm and Wed 4-5.30-6pm St  
 Angela's School E7  
 U15/16yrs boys, Tues 6-8pm,  
 St Angela's School, E7 Thurs,  
 8pm, St Annmaria's School, E7  
 U17/18yrs boys Mon and  
 Wed 8-10pm St Angela's  
 School E7 Call 07958 307557

### COMMITTEE MEETINGS

All meetings take place at  
 Newham Town Hall, Barking Rd,  
 E8, unless otherwise stated  
**Mon 22 Dec, 7pm**, Local  
 Development Committee  
**Wed 14 Jan, 7pm**, Children's  
 and Young People Scrutiny  
 Commission  
**7pm**, Residents Housing  
 Scrutiny Group  
**Thurs 15 Jan, 6.30pm**,  
 Standards Advisory  
 Committee  
**Fri 16 Jan, 5pm**, Cabinet and  
 Mayoral Proceedings

### CONTACT THE MAYOR

Thurs 6 Jan, 10am, Canning  
 Town (doors open 9.30am)

### Telephone surgery

Weds 24 Jan, call 020 8439  
 2000 from 9.30-10.30am and  
 leave your details The Mayor  
 will phone you back at a  
 later time

## CONTACT DETAILS

### LIBRARIES

**Beckton Globe**  
 1 Kingford Wy, E8  
**Canning Town** Barking Rd, E16  
**Custom House**  
 Priests Regent Ln, E16  
**East Ham** 290 Barking Rd, E8  
**Green Street** 337-341  
 Green St, E13  
**The Gate** 6-8 Woodgrange  
 Rd, E7

### Minor Park

635-691 Romford Rd, E16  
**North Woolwich**  
 5 Pier Parade, E16  
**Plumstead** North St, E13  
**Stratford** 3 The Dials, E15  
**Archives and Local Studies**  
 Call 020 3073 6667  
 email arch@newham.gov.uk  
 @newham.gov.uk

### LEISURE & SPORTS VENUES

**Salem Leisure Centre**  
 14 Balsam St, E13  
**East Ham Leisure Centre**  
 324 Barking Rd, E8  
**Newham Leisure Centre**  
 287 Priests Regent Ln, E13  
**Newham Priests Regent Ln, E13**  
**UEL SportsDock** Docklands  
 Campus, University Way, E16

### COMMUNITY CENTRES (C.C.)

**Beckton Community Centre**  
 14 Manor Wy, E8, 020 7511 1214  
**Field Community Centre**  
 147 Shilton Rd, E7  
 020 8536 2600  
**Greenrocks Centre** Memorial  
 Park, Memorial Ave, E15  
 020 3573 0620  
**The Hartley Centre**  
 267 Barking Rd, E8  
**The Hub** 123 Star Ln, E16  
 020 3373 0750  
**Jack Cornwell Community**  
**Centre** Jack Cornwell St, E12  
 020 8533 3458

### Joyce Community Centre

1 Jervis Ct, E13, 020 8540 9635  
**Katherine Road Community**  
**Centre** 254 Katherine Rd, E7  
 020 8540 9475

### St Mark's Community Centre

218 Tolgate Rd, E8  
 020 7517 1214

### Upton Community Centre

Claude Rd, E15, 020 8477 0549  
**Worceage Ln Community Centre**  
 Gower Ct, E15, 020 8519 0235

# London Borough of Newham

## Planning Applications submitted by London City Airport

**Public Consultation – Notice of further environmental information received from the applicant namely a Supplementary Cumulative Effects Assessment in relation to the Gateway Quarter Scheme and CADO and a letter dated 8th December 2014 setting out the applicant's suggested planning obligations pursuant to S106 of the Town and Country Planning Act 1990.**

The following planning applications submitted to the London Borough of Newham are advertised under Article 13 of the Town and Country Planning (Development Management Procedure) (England) Order 2010 (as amended) and in accordance with all other relevant statutory requirements relating pursuant to the Town and Country Planning Act 1990 (as amended) and the Planning (Listed Building and Conservation Areas) Act 1987 (as amended) and Regulation 22 of the Town and Country Planning (Environmental Impact Assessment) Regulations 2011.

London City Airport submitted two inter-related planning applications to the London Borough of Newham on 26 July 2015, to deliver the City Airport Development Programme (CADO), these applications are related to as CADO1 (planning application 15010228FUL) and CADO2 (planning application 15010229CUL).

This notice is to advertise that the applicant has submitted further information as set out in the text above.

**Application Site:** London City Airport, Hartmann Road, Silvertown, London, E16 2PX

**Planning Application CADO1:** Works to strengthen existing buildings and structures and provide additional infrastructure and passenger facilities at London City Airport. Detailed planning permission is being sought for:

- (a) Conversion of existing buildings and structures to 4 upgraded aircraft stands and 7 new aircraft parking stands
- (b) Conversion and modification of the existing airfield including the creation of an extended taxi line
- (c) Emergency vehicle access point over King George V Dock
- (d) Replacement landscaped Forecourt to include vehicle circulation, pick up and drop off areas and hard and soft landscaping

- (f) Custom Extension to the existing Terminal Building (including alterations works to the existing Terminal)
- (g) Construction of a three storey passenger pier to the east of the existing Terminal
- (h) Extension of House Sectors
- (i) Western Extension and alterations to the existing Terminal
- (j) Western George Centre: storage, workshop, accommodation and landscaping
- (k) Facilities Works including temporary coaching facility and extension to the outdoor baggage area
- (l) Upgrading works to Hartmann Road
- (m) Passenger and staff parking – car hire parking two feeder park and ancillary and related work
- (n) Western George Centre
- (o) Dock Source Heat Exchange System with King George V Dock
- (p) Ancillary and related work

The application does not accord with the provisions of the Development Plan and affects the setting of Listed Buildings: (i) Central Buffet at Custom House: Royal Albert Dock – Grade II (ii) Central Offices at Custom House: Royal Albert Dock – Grade II and (iii) St Marks Church, North Woolwich Road – Grade II

**OFFICER:** Suat Sahadevan Ref: 15010228FUL

**Planning Application CADO2:** Outline application for extension of a hotel with up to 260 bedrooms, ancillary feasible A1, Air footspace at ground floor meeting/conference facilities together with associated amenity space, landscaping, plant and ancillary works

The application affects the setting of Listed Buildings: (i) Central Buffet at Custom House: Royal Albert Dock – Grade II (ii) Central Offices at Custom House: Royal Albert Dock – Grade II and (iii) St Marks Church, North Woolwich Road – Grade II

**OFFICER:** Suat Sahadevan Ref: 15010229CUL

Both these applications including the further information are currently being considered by the London Borough of Newham as the Local Planning Authority. Before making a decision on these applications, the Local Planning Authority would like to know your views on this additional information. If you wish to make any comments the additional information, they should be submitted in writing no

later than 23rd January 2016. Please note that if you do not submit comments by this date, your views may not be able to be taken into account.

The applications can be viewed online at [www.newham.gov.uk/pla](http://www.newham.gov.uk/pla) where you will be able to view the plans and other documents relating to these applications, as well as send us your views.

In addition, you may inspect copies of the additional information and the other application documents at the following locations (the opening hours listed below are accurate at the time of writing).

- North Woolwich Library, 5 Pier Parade, North Woolwich, E16 2LJ (London Borough of Newham). Opening hours: Monday/Tuesday 08:30-17:30, Thursday 10:00-20:00, Saturday 08:30-17:30, CLOSED: Wednesday, Friday, Sunday
- John Store Group-Silver, 1 Ninety Path, East India, Dock Road, E14 6BT (London Borough of Tower Hamlets). Opening hours: Monday/Thursday 08:30-21:30, Friday 08:30-18:30, Saturday 09:30-17:30, Sunday 10:30-16:30
- Woolwich Library in the Woolwich Centre, 95 Wellington Street, Woolwich, SE18 6HQ (Royal Borough of Greenwich). Opening hours: Monday/Thursday 09:00-19:00, Tuesday/Wednesday/Friday 08:30-17:30, Saturday 09:00-17:00, CLOSED: Sunday
- Newham Dockside: 1000 Dockside Road, E16 2SU (London Borough of Newham) – by prior appointment only – Contact suat.sahadevan@newham.gov.uk or call 020 3370 1400

You may obtain a hard copy of the additional information free of charge from RPS Planning and Development, 14 Cantrill, London, EC2N 3ND or by calling RPS on 020 7290 3200.

Any person wishing to make representations relating to the applications should do so online at: [www.newham.gov.uk/pla](http://www.newham.gov.uk/pla) or in writing to the officer identified above at Newham Dockside, 1000 Dockside Road, E16 2SU.

Please note that representations already received regarding these applications will be taken into account by the London Borough of Newham as part of the assessment of the applications.

# A&E is for emergencies only

An emergency is a condition that can cause loss of life or limb.

For all other healthcare needs visit [www.nhs.uk](http://www.nhs.uk), call **NHS 111** for urgent medical advice or think:

## Self care

- ☒ Stock up on medicines
- ☒ Stay at home
- ☒ Get plenty of rest

## Pharmacy

- ☒ Experienced pharmacists
- ☒ No appointment needed
- ☒ Expert advice on medications

## GP

- ☒ Experienced doctors
- ☒ Appointment system
- ☒ Early morning, evening and Saturday appointments

## NHS Symptom Checker

- ☒ Online access
- ☒ Check your symptoms
- ☒ Advice on what to do next

অন্যান্য স্বাস্থ্যসেবা চাফির জন্যে  
সেফন [www.nhs.uk](http://www.nhs.uk),  
জনবী মেডিকেল পরামর্শের জন্যে  
এন,এইচ,এস 111 নম্বরে  
কল করুন অথবা জড়ুন

### আব্র সেবা

- ☒ ঔষধ সংগ্রহ করুন
- ☒ বাসায় থাকুন
- ☒ যথেষ্ট বিশ্রাম করুন

### ফার্মেসী

- ☒ অভিজ্ঞ ফার্মাসিট
- ☒ কোনো এপয়েন্টমেন্টের  
প্রয়োজন নেই
- ☒ ঔষুধের উপর বিশেষজ্ঞ  
পরামর্শ

### জিপি

- ☒ অভিজ্ঞ ডাক্তার
- ☒ এপয়েন্টমেন্ট ব্যবস্থা
- ☒ অনেক সকাল,  
সন্ধ্যা ও শনিবারের  
এপয়েন্টমেন্ট

এন,এইচ,এস উপসর্গ  
পরীক্ষক

- ☒ অনলাইন সুযোগ
- ☒ আপনার উপসর্গ পরীক্ষা করুন
- ☒ এরপর কি করতে হবে তার  
পরামর্শ দিন

W razie posiadania innych potrzeb  
zdrowotnych proszę odwiedzić  
stronę: [www.nhs.uk](http://www.nhs.uk), w celu  
wyszukania pilnej porady medycznej  
zadzwoń pod numer **NHS 111** lub  
skorzystaj z:

### Samoopieki

- ☒ Utrzymuj lek w domowej  
apteczce
- ☒ Pozostań w domu
- ☒ Dużo odpoczywaj

### Apteki

- ☒ Doświadczeni farmaceuci
- ☒ Brak wyznaczonych wizyt
- ☒ Profesjonalne porady odnośnie  
leków

Usług lekarza pierwszego  
kontaktu (GP)

- ☒ Doświadczeni lekarze
- ☒ System umówionych wizyt
- ☒ Wizyty poranne, wieczorne oraz  
sobotnie

Leksykon Objawów NHS (NHS  
Symptom Checker)

- ☒ Dostęp online
- ☒ Sprzedz swoją objawy
- ☒ Porada odnośnie dalszego  
człowania